

Your Health and Its Care

BY DR. WILLIAM BRADY M. D.
Readers should address inquiries to: Dr. William Brady
283 El Camino, Beverly Hills Calif.

TREATMENT OF ENLARGED TONSILS

As parents, teachers and nurses must be reminded again and again, it is not abnormal for children from two to ten or twelve years of age to have enlarged (hypertrophied) tonsils. In most children whose tonsils are enlarged there is also some enlargement of the third or pharyngeal tonsil in the roof of the throat cavity or pharynx out of direct sight behind the soft palate, such enlargement being commonly known as "adenoids" or "adenoid growth" or "adenoid vegetation". Tonsil tissue is composed of small round cells akin to the lymphocytes or small white blood corpuscles, embedded in soft fibres of connective tissue—such tissue is called lymphoid or adenoid tissue, whether it composes the tonsils, the adenoid body, the lymph nodes or "kernels" in various parts of the body, the ring of guardian tissue around the orifice of the appendix, the spleen, or the bone marrow.

Adenoid tissue in tonsils or elsewhere serves to protect against infection and contributes not only lymphocytes and phagocytes which fight against invading germs but also red corpuscles to the blood. Remember, though, the visible tonsils and the pharyngeal tonsil (adenoid) together make only a minor fraction of the lymphoid or adenoid tissue in the body, and so the loss of tonsils and adenoids scarcely affects natural immunity or natural capacity to fight infection.

More enlargement or hypertrophy of tonsils and/or adenoids in children, then, ordinarily calls for no medical or surgical treatment. In preceding talks we have urged better hygiene for all children, particularly more exposure to sunshine or skyshine or just daylight the year around. This is available to children in all seasons and climates, provided their parents, grandparents, uncles, aunts,

teachers, superior-feeling neighbors and old fogged family physicians are not obsessed with the catching cold delusion. The less opportunity the child has for exposure (of naked skin) the greater is the child's need for a daily ration of vitamin D—the sunshine vitamin. If the child does not mind the fishy taste and the parents do not mind the extra expense, a spoonful or two of fish liver oil a day will supply the vitamin D needed. If this is taken the year around, an easier, pleasanter way for any child or any adult to get needed vitamin D is by eating along with breakfast every day a few tablets containing vitamin D with vitamin B-complex.

When a child with enlarged tonsils and/or adenoids obviously suffers from obstruction of breathing (breathes through mouth when asleep); or from swollen and sometimes tender or sore "kernels" (lymph nodes) or "glands" down the side or sides of the neck; or from too frequent acute sore throat or acute coryza, then tonsillectomy—clipping of tonsils, not tonsillectomy or an attempt to remove all of the tonsil—is advisable, in my opinion.

QUESTIONS AND ANSWERS

How to Mix Things
I seen your ad about castor oil and lanolin for the skin. Please tell how to mix them. We use printer's ink and it is very hard to get off. (B. A.)
Answer—The item you saw was a reader's report that regular use of a mixture of equal parts of lanolin and fresh castor oil at night or after finishing work and in the morning or before beginning work, keeps the skin of mechanics, printers, etc., in good condition. Mix them as you would work color into gumming in a bowl. Wash and dry well before applying just a few drops of the mixture. It takes the place of the normal skin oil (sebum) removed by solvents, inks, soap, etc.

Big Boy Needs More Sleep
Our three boys—10, 11 and 13—the eldest 70 inches tall, thinks he is a man and does not require so much sleep. How many hours should boys sleep every night? (J. B. W.)
Answer—Children up to 4 years of age need 12 hours sleep, from 5 to 8, 11 hours, from 8 to 14, 10 or 10½ hours, from 14 to 18, nine hours. Young adults, eight hours. Middle-aged people, seven to 7½ hours, elderly people, six to seven hours. Big boys grow faster than average needs more sleep than average.

Basal Temperature
Please describe how to use the basal temperature chart. Capt. Abbott, basal metabolism tests for determining thyroid dosage. (A. W.)
Answer—Basal temperature is described in booklet "Rules for Reducing" for copy of which send 25 cents and stamped envelope to: Reducing Bureau, Inc. (Copyright, 1945, by John F. Dille Co.)

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:
KALE (CBS) 1230, Portland
KEX (NBC-Hits) 1100, Portland
KGA (NBC-Hits) 1000, Portland
KGO (NBC-Hits) 810, San Francisco
KGW (NBC-Med) 620, Portland
KHN (CBS) 1070, Los Angeles
KOA (NBC-Red) 830, Denver
KOP (NBC-Red) 830, Seattle
KPO (NBC-Red) 830, San Francisco
KSL (CBS) 1100, Salt Lake City

Time Shows in FWT
Thursday
8:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN; Superman, MBS.
8:30 p. m.—Dick Tracy, BN; Superman, MBS.
9:30 p. m.—Jack Armstrong, BN; Harry Haddeney, News, CBS; Tom Mix, MBS.
10:30 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News Wire, MBS; News, CBS.
11:00 p. m.—Music Hit, NBC; Major Bowes, CBS; Gabriel Heatter, MBS.
11:30 p. m.—Supper Music, BN.
12:30 p. m.—Spotlight, NBC; Light Bands, BN; Corliss Archer, CBS; Treasure Hour of Song, MBS.
1:00 p. m.—Abbott and Costello, NBC; Fred Waring, BN; First Line, CBS; Henry Gladstone, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC; Here's to Romance, CBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Sammy Kaye, MBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.
8:30 p. m.—Coffee Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN; 9:00 p. m.—News, MBS; Dinah Shore, NBC.
9:15 p. m.—Tex Miller, MBS.
9:30 p. m.—Elmer Peterson, Com. Commentator, CBS; Spotlight Bands, BN; Night News Wire, MBS; News, CBS.
10:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; News, BN; Tonight in Hollywood, CBS.
10:15 p. m.—Fulton Lewis, Jr., MBS; News, MBS.
10:30 p. m.—People Are Funny, NBC; That Awful Boy, CBS; Double of Nothing, MBS; Spotlight Bands, BN.
11:00 p. m.—Amos 'n' Andy, NBC; Durando and Moore, CBS; Dale Carnegie, MBS.
11:30 p. m.—Lowell Thomas, MBS.
12:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS; Bill Stern, NBC.
1:00 p. m.—Fights, MBS; Jack Kirkwood Show, CBS; Supper Club, NBC.
1:15 p. m.—Fleetwood Lawton, NBC.
1:30 p. m.—Dutty a Tavern, NBC.
1:45 p. m.—Pays to Be Ignorant, CBS; Stars of the Future, BN.
2:00 p. m.—Furlough, Fun, NBC; News, MBS; Adric's Family, CBS.
2:30 p. m.—Adventures of Thin Man, CBS.
3:00 p. m.—News, NBC; News, BN.
11:00 p. m.—Hotel Baltimore Orch., NBC; Milton Charles, Organist, CBS.

Friday
8:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Sam Hayes News, MBS.
8:15 p. m.—Dick Tracy, BN; Super-

QUICK RELIEF FROM Symptoms of Distress Arising from STOMACH ULCERS DUE TO EXCESS ACID

Free Book Tells of Home Treatment that Must Help or It Will Cost You Nothing

Over two million bottles of the WILLARD TREATMENT have been sold for relief of symptoms of distress arising from stomach and duodenal ulcers due to excess acid—Poor Digestion, Gas, or Heart Burn, Gasiness, Heartburn, Sleeplessness, etc., due to excess acid. Sold on 15 days' trial. Ask for "Willard's" message which fully explains this treatment—free—at Taylor's Penny Wise Drug and Walcott's Pharmacy.

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS Heart Rheumatism Asthma Catarrh Piles, Prostate Gland, Eczema and all disorders of Liver, Kidney, Trouble, and other complaints disappear after using CHINESE HERBS

Removed to Sparta Bldg. J. H. Leong, Herbalist Phone 5817



SOLDIERS' MASCOT—Tenderly holding Oscar who is not camera shy, Sgt. James Simcox, South Bend, Ind., poses with mascot of Signal Company of 4th Armored Division in Fentrange, France. Pooch was presented liberating Yanks by grateful Frenchmen.



HAT ON FEATHERS—This Old English Game Bantam perched on Eunice Kimball's shoulder, dons chapeau and admires self in lady's mirror. Chick is among the 3000 fowl entered in Madison Square Garden Poultry Show in New York.

DAV BACKS PLAN TO FLY FLAGS IF VETS EMPLOYED

By Pat Graham
The Disabled American Veterans has announced that it will inaugurate among leaders of business and industry, a nationwide program to fly an Employment Flag.

Developed by national DAV headquarters in Cincinnati, O., the flag will designate the number of World War II veterans employed.

Clay C. Roberts, commander of Jackson County Chapter No. 8, said today that the flag is now being designed and should be ready for display early this year.

Commenting on the new program Commander Roberts said, "As a part of its program to speed the hiring of war veterans by business and industry, the DAV has decided to inaugurate a national campaign to interest manufacturers in displaying an Employment Flag. The DAV is, of course, especially interested in the employment of disabled veterans. We of the DAV are proud of the fact that surveys show the disabled man can be as good a worker as an able-bodied man."

The DAV commander urges all industrial and business leaders in this area to co-operate in the program. Inquiries will be

ICE SKATE TO-NITE

and every nite except Monday 7:45 to 10:15 Sat. & Sun. Matinee

MEDFORD ICE ARENA 619 S. Grape Phone 4511

TOY CUPBOARD

By GUYAS WILLIAMS

HAS ORDERS NOT TO LEAVE HIS TOYS AROUND BUT PUT THEM AWAY IN TOY CUPBOARD

FINDS HE HAS OVERLOOKED FREIGHT CAR THAT SHOULD HAVE GONE IN BOX WITH HIS TRAIN THINGS

OPENS CUPBOARD DOOR AND STARTS FLINGING AT TRAIN BOX WHICH IS UNDER OTHER BOXES

HANFORD WAR PLANT WILL BE PERMANENT

Spokane, Wash., Jan. 18—(U.P.)—U. S. Senator Warren G. Magnuson said here last night that "plans exist between officials of the Dupont Company and the government to keep a permanent project at Hanford and a community of about 18,000 people."

Magnuson, addressing the Chamber of Commerce, said that

"while I cannot lift the veil of secrecy about the Hanford project, I can tell you at this time that it will be a chemical industry after the war and that nitrates, plastics and even nylon hosiery will be manufactured there."

NOW OPEN! TAKE-IT-EASY LODGE

Dine and Dance
Open Wednesday, Thursday, Friday and Saturday
One-Half Mile Up Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

LATE GREAT-GRAN MAMMY??

THE NEBBS

DO YOU KNOW?

Cap Martin, with 24 years of mechanical experience has been promoted to Assistant Service Manager at Rogue River Chevrolet.

You will find Cap on the job each day assisting Jerry Whitlock, Service Manager at—

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66

ACROSS
1—Poisonous snake
4—Fall
12—Orange and black bird
13—Foot of two syllables
14—Tiger
15—Mixing bowl
17—Mountain (abbr.)
18—In direction of
19—Glimpse
20—Mountain in Moab
22—Burdens
24—Paras
25—Lair
28—Mud scene
30—Breathing organ
31—Bly, as verb
32—Self-satisfied

DOWN
3—Tribe of ancient France
8—Bully
28—Christmas
30—Flea eggs
43—Kink
44—Classical ridge
45—Mountain (abbr.)
48—Portent
51—Symbol for barium
52—East
53—Having no chance (slang)
54—Portuguese coin
57—Liquid derived from bromine
58—Part of coats
61—Agree with
62—Poisonous fly

ANSWER TO PREVIOUS PUZZLE
PAUL SCAR DAB
EISENBLAME IAN
PLENTIFUL IAN
TOWER PILLI
ERS OK HAG
BOBS INTEREST
BOAT NEO INTO
STRANGER SCOT
KRA EA LEW
LIT BANDS
ORE BANDOLEER
AIR INDO ARGO
MSS ODOR PAGE

DOWN
1—Marine growth
2—Speaker
3—Huge
4—Artificial language
5—Mountains
6—Loose
7—So be it
8—Pound (abbr.)
9—Endia
10—Sawed timber
11—Antioch (arch.)
12—Pronoun
13—Croom, in India
14—Latin name of
15—Swirl
16—Parasite
17—Paddy
18—Jenny
19—Elephant's tooth
20—Long-necked fish
21—Heavenly body
22—Unhappy
23—Plant growth
24—King of Beasts
25—Tape on baggage
26—Small fish
27—Repeat (verb)
28—Age
29—Fool
30—Chemical suffix
31—Sweep flag
32—Bone
33—Hebrew letter

PSST---

IT TASTES BETTER WITH A SPRINKLE OF SALT, MATEY!!

WHY NOT? WHAT'S SO FUNNY?

WHY NOT? WHAT'S SO FUNNY? WHY, BUZ, IT WOULD BE LIKE THE PRINCE IN THE FAIRY TALE TURNING OLD AND UGLY... LOSING HIS NERVE, MARRY TO WINTER, IF YOU WANT TO—BUT DON'T GO INTO HER UNDERWEAR BUSINESS.

IT'S A SIT-DOWN STRIKE FOR MEAT!

HOWDY CHILE!!

WELL, I DECLARE!